EL CENTRAL HISPANIC NEWS

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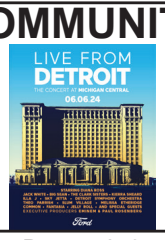
COMMUNITY



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Michigan Central Station Opening Celebration

SPORTS

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Tigers Win Big Last Sunday !!!

Se ilumina el futuro de Detroit con el concierto de inauguración de Michigan Central

por Michigan Central

El renacimiento histórico de Michigan Central y el parque Roosevelt reflejan el futuro de Detroit. ¡Éste es el momento! Pudo disfrutarse la noche del jueves 6 de junio, cuando los mejores de Detroit iluminaron el escenario con una experiencia de pura celebración, única en la vida y totalmente gratis. Diana Ross estuvo magnífica como siempre, iniciando un espectáculo que incluyó la presentación inolvidable de Eminem, Big Sean, The Clark Sisters, Jack White, Slum Village, Common, Fantasia, Jelly Roll, Melissa Etheridge y otros artistas famosos. También se unieron a ellos, íconos locales como Barry Sanders, Jared Goff, Amon-Ra St. Brown, Jugde Greg Mathis, Jalen Rose, el actor y comediante Sam Richardson y el actor Taylor Lautner, por nombrar algunos.

Todo ese talento fue impresionante, pero no hubiera estado completo sin los miles de habitantes de Detroit de todos los vecindarios, especialmente del suroeste de Detroit y Corktown, que inundaron con su alegría.

Felicitaciones a los productores ejecutivos Eminem y Paul Rosenberg, y felicitaciones a la familia Ford, por hacer de Michigan Central una vez más un edificio de clase mundial con un gran propósito.

Estuvimos celebrando la reapertura del Parque Roosevelt, hace exactamente un año. El director de operaciones de la ciudad de Detroit, Brad Dick (entonces director adjunto del Departamento de Servicios Generales) dirigió ese increíble esfuerzo y el rediseño no pudo haber sido mejor para un concierto como este.

Ver más en las páginas 8-9

Traducción por Carmen Elena Luna

Michigan Central Opening Concert Lights Up Detroit's Future

by Michigan Central

Michigan Central and Roosevelt Park's historic rebirth speaks to and reflects the future of Detroit.

Diana Ross leads a star-studded array of performers helping celebrate the re-opening of Michigan Central Station. Photo courtesy City of Detroit.

The momentum is with us! It was palpable Thursday night, June 6, as Detroit's finest lit up an exhilarating stage for a free, once-in-a-lifetime night of pure celebration. Diana Ross was as supreme and exquisite as ever, kicking off a show that also included unforgettable performances from Eminem, Big Sean, The Clark Sisters, Jack White, Slum Village, Common, Fantasia, Jelly Roll, Melissa Etheridge – and quite a few others! Joining them on stage were local icons like Barry Sanders, Jared Goff, Amon-Ra St. Brown, Judge Greg Mathis, Jalen Rose, actor/comedian Sam Richardson and actor Taylor Lautner - to name a few.

All that talent was certainly impressive, but it wouldn't have been complete without thousands of Detroiters from every neighborhood – especially SW and Corktown – throwing all their joy into it.

Kudos to executive-producers Eminem and Paul Rosenberg, and congratulations to the Ford Family for making Michigan Central once again a world class building with a deep purpose.

We celebrated the re-opening of Roosevelt Park this same time one year ago. Chief Operating Officer Brad Dick (then Dep. Director of General Services Department) led that incredible effort and the re-design couldn't have been more perfect for a concert like this.

See more on pages 8-9.

The Brooke on Bagley Connects Corktown and Mexicantown

Mayor Mike Duggan joined developer Clifford Brown of Woodborn Partners along with project funders and neighborhood residents on Monday, June 10 to cut the ribbon on The Brooke on Bagley, a new mixed-use and mixed-income development as part of the Strategic Neighborhood Fund initiative.

The $23 million development at 2420 Bagley includes 78 apartments and more than 2,100 square feet of retail. 16 of the units have been set aside as affordable housing at 80 percent area median income (AMI). There are 38 one-bedroom, three two-bedroom and 37 studio apartments. Residents can enjoy amenities such as 24-hour emergency maintenance, fitness center and dog park. The two-tiered outdoor space and the indoor lounge will also be open to the community for special events.

"Just a few days ago, we celebrated the reopening of Michigan Central Station and today we celebrate the opening of this beautiful new mixed use, mixed income building just a few steps away. People living in The Brooke on Bagley will be within easy walking distance of the Southwest Greenway and riverfront, Michigan Central and Roosevelt Park, Mexicantown and Corktown. With its great location and amenities, this will be city living at its best."

"We are excited to expand on our investment in the city and honored to join the amazing neighborhood that is Hubbard Richard," said Woodborn Partners CEO & President Clifford Brown. "We are grateful to all of our partners who have made this happen and look forward to a bright future."

The development brings much-needed quality affordable housing to the Southwest Detroit community. It sits less than a mile from the newly renovated Michigan Central Station, which just celebrated its historic reopening. It also sits along the Southwest Greenway, connecting residents to both the award-winning Detroit riverfront and the Joe Louis Greenway.

"We are seeing incredible growth in Southwest Detroit and the Corktown neighborhood," said Housing and Revitalization Director Julie Schneider. "With that growth, the city is committed to creating more affordable housing, and therefore create opportunities for Detroiters to be part of this exciting change."

Funders, builders and government and community representatives join developer Clifford Brown and Detroit Mayor Mike Duggan at the ribbon cutting for The Brooke on Bagley. Photo credit City of Detroit

The design of The Brooke on Bagley, led by Gensler Detroit, reflects the position of the building as a gateway and connector between Mexicantown, Hubbard Richard, and Michigan Central Station.

The interiors support the building's authentic integration into the existing culture of the surrounding community. Colorful, textural details like the intricate breezeblock tile and mural from local artist Elton Monroy Duran are inspired by the surrounding community and solidify the connection to the neighborhood.

"The mural is an important piece anchoring the overall art plan for The Brooke on Bagley, which I worked closely with the Woodborn Partners team to not only reflect but engage the community," said Isabelle Weiss, Director of CollectorAnonymous.

Muralist Monroy Duran spoke about the meaning of his latest work of art. "The abstract floral design was inspired by folklorico skirts, amplifying a cross-section of a skirt in motion. The energetic composition connects the community of The Brooke with the community of Southwest, creating a sense of place and belonging for everyone."

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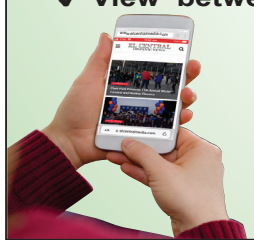

EL CENTRAL HISPANIC NEWS

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PEP22-08-03-009

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TICKETS STILL AVAILABLE
BOLETOS A LA VENTA

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‘Man of Steel’ Helps Make a Difference

Frank Venegas Jr.: Detroit News Michiganian of the Year

By Sarah Rahal | The Detroit News

Reprinted with permission

Business owner Frank Venegas Jr. is known as the “man of steel” in Southwest Detroit, but he’d rather leave a legacy as a man who did everything he could to improve his community and raise its next generation.

Venegas started Ideal Steel 45 years ago with a dark-blue pickup he made out of a school bus, and today, the business has grown into the Ideal Group, with 15 locations worldwide that employ 700 people and annual revenue of nearly $250 million.

Ideal Group is best known for making goalposts, guardrails, bollard guards and the cylindrical steel posts often seen in drivethrus and parking lots.

Venegas’ come-up story starts with a lucky raffle ticket in 1979 that won him a Cadillac Coupe DeVille. He kept the car for nine days before selling it to start his company. The late Hank Aguirre, an All-Star Tigers pitcher, convinced Venegas to move Ideal Steel to Southwest Detroit by giving him the nickname “Chicken S---”.

“He called me that because I was out in Livingston County, and I wasn’t in Detroit with my people,” Venegas said. “When Hank got bone cancer, that’s when it all changed for me.”

To carry on Aguirre’s vision, Venegas purchased an abandoned plant from General Motors Corp. to house the relocated company starting in 1996. The same year, he became a founding partner of Gang Retirement and Continuing Education and Employment, a program to shift youth from gang life to work life with the Detroit Hispanic Development Corp.

Venegas met with leaders of four gangs. “I asked, what do you want to create peace around here? They said they wanted jobs with opportunity and don’t leave,” he said. “We hired 20 from each gang, and once we got the gangs behind us, we started to get the community behind us.”

In 2008, Ideal Group began a sponsorship to host students from Detroit Cristo Rey High School as part of the company’s work-study program. Six years later, Venegas helped start a robotics team with Detroit Hispanic Development Corp. and a local high school to provide career opportunities for Southwest Detroit youth with engineer volunteers from the Detroit Three automakers.

“The nuns give me faith, the fathers give me faith, but the kids give me more faith than anything,” Venegas said.

Angie Reyes, executive director of the Detroit Hispanic Development Corp., said they refer to Venegas as the padrino — “godfather” in Spanish.

“He was one of the early ones to invest in the community and is one of the few that continues to give back, and it’s because he hasn’t forgotten where he came from.”

His assistant of 33 years, Sylvia Gucken, said she vividly remembered Venegas beaming with joy when he showed her Ideal’s new Southwest Detroit home, even as they passed boarded-up storefronts and burned-out streetlights.

“What people may not know is that Frank measures the metrics,” she said. “He questions how much one program helps and how does it add to the child’s benefit.”

Venegas said underprivileged children, as well as adults, benefit from this guidance: “I remind people about mentoring, and that doesn’t mean a nephew, a niece, someone’s friend or uncle ... mentor someone you don’t know, and that makes the biggest difference.”

Frank Venegas Jr.’s Ideal Group has 15 locations worldwide that employ 700 people.
Clarence Tabb Jr. / The Detroit News

Frank Venegas Jr.

Age: 71

Occupation: Chairman and CEO, Ideal Group and southwest Detroit community leader

Education: Honorary doctorate degree for business acumen, Tuck School of Business at Dartmouth, 2016

Family: Wife Laurie Sall. Son Jesse, daughter Linzie and brother Loren oversee the company. Three grandchildren: Graciela, Ezekielz and Lucia, and a Bengal cat named Baby. Brothers Martin and Carlos

Why honored: For being one of the most impactful businessmen in Detroit’s Hispanic community. His Ideal Group auto parts business employs 400 in Detroit, and others throughout the country. Half of his workforce is Hispanic and he supports numerous charitable efforts in the southwest Detroit neighborhood.

PUENTE INTERNACIONAL GORDIE HOWE
REUNIONES PÚBLICAS DE INFORMACIÓN

EL PROYECTO

El proyecto del Puente Internacional Gordie Howe entre Windsor, Ontario y Detroit, Michigan, ayudará a mover bienes y personas de manera más eficiente en este importante portal comercial. Gestionado por Windsor-Detroit Bridge Authority (WDBA), y en colaboración con el Estado de Michigan, el proyecto se está llevando a cabo utilizando un modelo de asociación público-privada, conforme al cual Bridging North America diseñará, construirá, financiará, operará y dará mantenimiento al puente.

PARTICIPACIÓN DEL PÚBLICO

Le invitamos a asistir a reuniones comunitarias el lunes, 17 de junio de 2024. Acompáñenos para conocer a los representantes del proyecto, obtener los últimos avances sobre el diseño y la construcción, así como los avances en la implementación del Plan de Beneficios para la comunidad del proyecto.

Las reuniones son en formato de puertas abiertas, con presentaciones programadas para las 3:30 p.m. y 5:15 p.m.

REUNIONES PÚBLICAS DE INFORMACIÓN
OFICINA COMUNITARIA DE SOUTHWEST DETROIT
7744 WEST VERNOR HIGHWAY, DETROIT
17 DE JUNIO DE 2024
3:00 P.M. - 6:30 P.M.

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Gordie Howe INTERNATIONAL BRIDGE

Knight New Work 2024 Provides Arts Grants

Applications open from June 14 through July 12, 2024

Knight New Work 2024 provides up to $100,000 to support artists and arts organizations in South Florida, Akron and Detroit who use technology to create, disseminate and enhance the way art is experienced.

The call for project proposals is open to individual artists, collectives and art organizations. Applicants must be based in or have direct ties to South Florida, Akron or Detroit and proposed works must premiere in the applicant’s community. All works must incorporate technology. Applications will be accepted from June 14 to July 12 at 11:59 p.m. ET.

Submissions will be reviewed by a national panel of artists, practitioners and Knight Foundation staff and recipients will be announced in the fall. Knight New Work 2024 grantees will convene in spring/summer 2025 to share works in progress and all works will premiere by spring 2026.

The Knight arts team will be hosting information sessions and office hours to allow prospective applicants to ask questions and hear more about Knight New Work.

Virtual information sessions for all cities will be held on Monday, June 17th at 4 pm ET and on Tuesday, June 18th at 10 am ET. Visit knightfoundation.org for a sign-up link.

Have questions about Knight New Work 2024? Email arts@knightfoundation.org.

SPECIAL WORLD'S CULTURES
The flood of Leon, Gto

The flood of 1888 in León, Guanajuato, Mexico

The city of León is geographically located at the southern limit of the Sierra de Guanajuato, with a population of 1,791,869 inhabitants. In the 19th century it was framed from north to south by the Gómez River and to the east by the Muchigües and Mariches stream to the east, in which the water flowed seasonally. The city of León sits on a shoal, that is, a terrain that does not allow adequate flow of water due to its almost flat surface conditions.

León achieved its greatest success during the 19th century, as a result of the transformations and innovations within the country from which the city benefited, facilitating its rapid rise. The panorama that was offered in this period allowed not only population growth, notable throughout the republic, but also its commercial advance.

In 1888 there was a great flood that destroyed a large part of the city and reduced the population by a third, which led the governments to build the Malecón bridge.

However, the presence of a new flood in 1926 once again impacted the city, which was barely recovering.

It is important to note that the vast recovery of the city is due to the broad support received from the different states of the Mexican Republic and the support of the then president Porfirio Díaz.

Nobody imagined that that cloudy day of June 18, 1888 would end up being the last for a large part of the people

of León. They say that around eight at night the rising currents of the "Los Gómez" river began to head towards the surrounding homes. Those who lived in those houses, in the midst of desperation, went up to their roofs because there was no time to go out to take refuge, the currents destroyed everything in their path. The water fell incessantly.

At dawn, after hours of exhaustion, the atmosphere was devastating. Approximately 5,000 families were left destitute and around 2,232 houses were reduced to rubble. The flood claimed the lives of 242 people plus the 1,400 missing.

The events and human losses of that night have been saved in anecdotes, and even in the social imagination, these ideas have been transmitted from generation to generation to the present day.

Upon arriving at the city, if we pay careful attention we can discover physical traces of the city that tell us about this event, such is the case of niche number 71 of the San Nicolás cemetery where on the marble tombstone you can still read:

VICENTA MUÑOZ

She was born July 19, 1870.
She died June 19, 188.
She was already going to be an idolized wife,
but suddenly calling her to heaven,
her crown changed from being married
to the endless glory of Paradise.

MEMORY OF LOVE FROM HER FIANCE

The flood brought with it a hard economic blow, the water devastated crops and hundreds of workshops, which led to the loss of work instruments, this meant a paralysis in the economic activities of the countryside and the city, which was of utmost importance to begin restore, in addition to the social factor.

The Mexican Republic learned of the event through the telegraph and it aroused general consternation, which led to deep solidarity by sending donations not only of food and clothing, but also financial support for those people who had been left in need after the catastrophe.

The capital of the State of Guanajuato showed its constant interest in contributing to the industrious city, collecting funds and appointing commissions to receive donations from different fields such as: mining, the military, haciendas, individuals from the army, doctors, bankers and wealthy neighbors.

Ana Cristina Vargas Pérez

Sigue cada semana en
EL CENTRAL Hispanic News
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

ESPECIAL CULTURAS DEL MUNDO

La inundación de León

La inundación de 1888 en León, Guanajuato, México

La ciudad de León se encuentra geográficamente al límite sur de la Sierra de Guanajuato, con una población de 1,791,869 habitantes. En el siglo XIX se encontraba enmarcada de norte a sur por el río de los Gómez y al este por el arroyo Muchigües y Mariches al este, en los que el agua corría de manera estacional. La ciudad de León se asienta en un bajío, es decir, un terreno que no permite el deslice adecuado de aguas por sus condiciones de superficie casi planas.

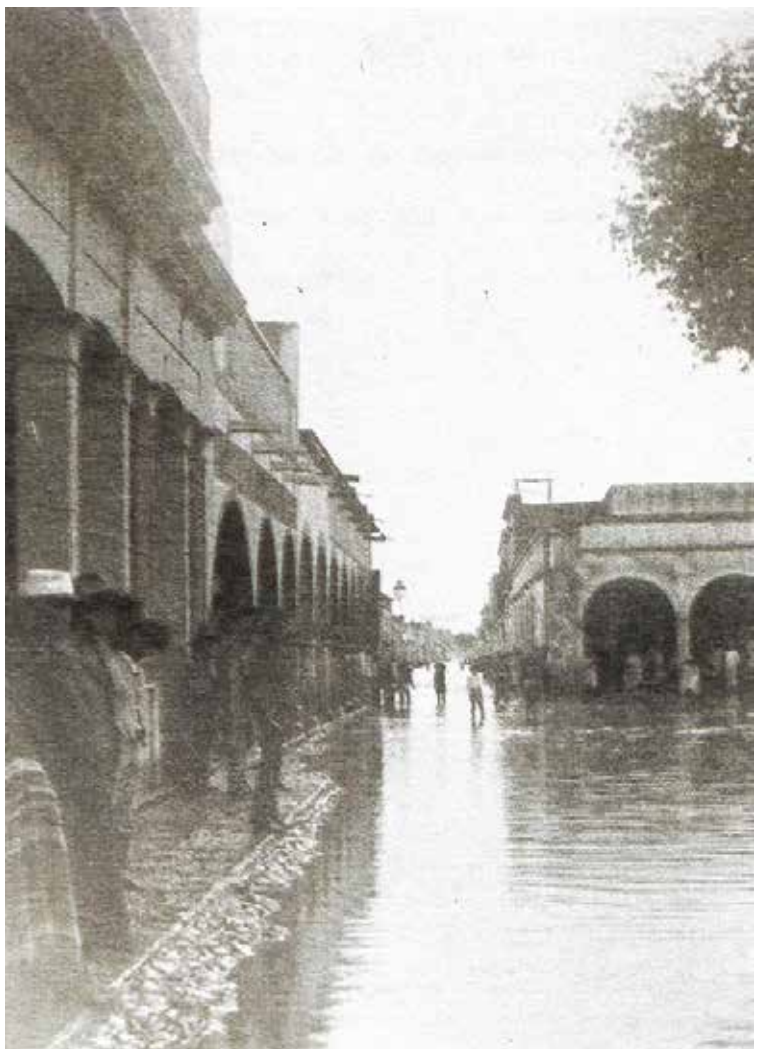
León, alcanzó su mayor éxito durante el siglo XIX, como fruto de las transformaciones e innovaciones dentro del país de las que la ciudad se vio favorecida facilitando su rápido apogeo. El panorama que se ofrecía en este lapso permitió el crecimiento no únicamente poblacional, notable en toda la república, también su avance comercial.

En 1888 hubo una gran inundación que acabó con gran parte de la ciudad y reduciendo la población a un tercio, lo que llevó a los gobiernos a la construcción del puente del Malecón.

Sin embargo, la presencia de una nueva inundación en el año 1926 impactó de nuevo a la ciudad que apenas se recuperaba.

Es importante señalar que la basta recuperación de la ciudad se debe al amplio apoyo recibido por parte de los diferentes estados de la República Mexicana y del apoyo del entonces presidente Porfirio Díaz.

Nadie imaginaba que aquel día nublado del 18 de junio de 1888 terminaría siendo el último para gran parte de los leoneses. Cuentan que cerca de las ocho de la noche las crecidas de las corrientes del río de "Los Gómez" comenzaban a dirigirse hacia las viviendas aledañas. Quienes vivían en aquellas casas, en medio de la desesperación, subieron a sus azoteas pues no había tiempo de salir a refugiarse, las corrientes arrasaban con todo a su paso. El agua cayó sin cesar.



Al amanecer, después de horas de agobio, el ambiente era devastador. Aproximadamente 5000 familias quedaron en la miseria y alrededor de 2,232 casas quedaron reducidas a escombros. La inundación cobró la vida de 242 personas más los mil cuatrocientos desaparecidos.

Los eventos y las pérdidas humanas de esa noche han quedado guardadas en anécdotas, e incluso en el imaginario social, estas ideas se han trasmitido de generación en generación hasta nuestros días.

Al llegar a la ciudad, si ponemos cuidadosa atención podemos descubrir huellas físicas de la ciudad que nos hablan de este acontecimiento, tal es el caso del nicho número 71 del cementerio de San Nicolás donde en la lápida de mármol aún se puede leer:

VICENTA MUÑOZ

Nació el 19 de julio de 1870.
Murió el 19 de junio de 188.
Iba ya a ser esposa idolatrada,
mas llamándola al cielo de improviso,
la corona cambió de desposada
por la gloria sin fin del Paraíso.

RECUERDO DE AMOR DE SU PROMETIDO

La inundación trajo consigo un golpe económicamente duro, el agua arrasó con sembradíos y cientos de talleres, lo que trajo la pérdida de instrumentos de trabajo, esto significó una parálisis en las actividades económicas del campo y la ciudad, que era de suma importancia comenzar a restablecer, además del factor social.

La República Mexicana se enteró del suceso mediante el telégrafo y despertó consternación general, lo que llevó a la profunda solidaridad enviando donativos no sólo alimentos y ropa, sino también apoyo económico para aquellas personas que había quedado en necesidad a partir de la catástrofe.

Ana Cristina Vargas Pérez

Tell them you saw it in Diles que lo viste en
EL CENTRAL
Hispanic News

Guest Opinion:

Take the Time to Respond to the Detroit Master Plan Survey

By Rogelio Landin

This year the process by which the future of our city will be formulated began by opening an application process to select members to an advisory committee to work with various components of city government in drafting an updated revision of the original Detroit Master Plan 2009. I am honored to have been appointed to serve you and by extension, the city, on this advisory committee. The committee will determine what our city will endeavor to undertake for at least the next generation and possibly into the next 50-100 years.

I don't know if our community was represented the first time around and I am all but certain we were not included in a solicitation for input via a survey process. This time around, the availability of this process presents our first opportunity to contribute input as to our community's' priorities and the ability to rank them as well as assign ourselves credit for them by identifying as Hispanic/Latino in the survey.

The importance of your participation in the survey cannot be overstated. The development of the plan as well as the prioritization of issues will be in large part based on the feedback from the survey. The original deadline for the survey response submission was May 30, to maximize input it has been extended to June 30. By the time you read this, there will only be two weeks left to submit your responses to the survey.

The collective data will be used to drive the discussions for the next two years in developing the Master Plan. This work is scheduled to be completed in time to coincide with the next newly elected city administration which takes office in January 2026. Thus far, to my knowledge, I may be the only Hispanic appointed to the committee, which is why I encourage you and everyone you know to please make your voices heard by going online and filling out the survey. Figuratively speaking, I can't carry the water if the buckets are empty. The future of our community depends largely on you caring enough to invest a few moments of your time to help shape the future of our city and most importantly our role in that future. Please don't walk, RUN, to the nearest computer or device using the link or QR code below and log on to this site to complete the survey.

We can ill afford to be viewed as being indifferent or uncaring since indifference is the new discrimination and not answering the call to action, is us discriminating against ourselves. This appointment permits me to function as your proxy in the process; insuring, assuring and ensuring inclusion. This is your opportunity to be an extended member of the committee in shaping the Master Plan for Detroit's foreseeable future. This is as important, if not more so, than voting and the census, if we don't participate, we don't count. Please help me make our community count. Mil Gracias!

Rogelio Landin is most renowned nationally for leading LULAC in the precedent setting successful filing of an Amicus in the Bradley v. Milliken II (1976-1978) desegregation case. Winning a favorable ruling in this case served to protect and preserve Bilingual education and the designation of minority status as included in the Civil Rights Act of 1964. This case has had generational national and historical implications for the education of our children and continues to provide for the protection of Hispanic civil rights.

FORWARD TOGETHER

Plan DETROIT

CITY OF DETROIT

Help us plan for Detroit's future!

The City of Detroit's Planning and Development Department recently launched a 20-month planning process called ***Plan Detroit*** to update the City's Master Plan of Policies.

WHAT IS A MASTER PLAN?
The Master Plan is a roadmap for Detroit's future. It assesses where we are now, proposes a vision for Detroit's future, and identifies policies and actions needed to achieve that vision. Learn more at *plandetroit.com*.

Scan the QR code or visit plandetroit.com to take the survey!

TAKE OUR SURVEY NOW-MAY 31ST!
Your feedback is critical to Plan Detroit's success! Please take a moment to complete this survey and tell us your current views and future aspirations for Detroit. Help us get the word out by sharing this survey with your friends, family, and neighbors.

NEED HELP? Call 313-224-1339 for assistance in a language other than English. For any other questions or comments contact the Planning and Development Department at 313-628-0221 or detroitmasterplan@detroitmi.gov.

ADELANTE JUNTOS

Plan DETROIT

CITY OF DETROIT

¡Ayúdenos a planificar el futuro de Detroit!

El Departamento de Planificación y Desarrollo de la Ciudad de Detroit lanzó recientemente un proceso de planificación de 20 meses llamado Plan Detroit para actualizar el Plan Maestro de Políticas de la Ciudad.

¿QUÉ ES UN PLAN MAESTRO?
El Plan Maestro es una hoja de ruta para el futuro de Detroit. Evalúa dónde nos encontramos ahora, propone una visión para el futuro de Detroit e identifica las políticas y acciones necesarias para lograr esa visión. Obtenga más información en *plandetroit.com*.

¡Escanee el código QR o visite plandetroit.com para realizar la encuesta!

¡RESPONDA NUESTRA ENCUESTA AHORA, EL 31 DE MAYO!
¡Sus comentarios son fundamentales pawra el éxito del Plan Detroit! Tómese un momento para completar esta encuesta y cuéntenos sus puntos de vista actuales y sus aspiraciones futuras para Detroit.

Para obtener más información, visite www.plandetroit.com o comuníquese con El Departamento de Planificación y Desarrollo (313) 628-0221 o detroitmasterplan@detroitmi.gov.

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EL CENTRAL HISPANIC NEWS

Michigan's #1 oldest, largest and only bi-lingual Hispanic news.
Multi-year winner of Jose Marti National Award for excellence in Editorial and Design.
Published in Metro Detroit since 1988.
Minority (Hispanic) and woman owned

El Central informs and celebrates Metro Detroit's Hispanic and Latino/a community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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HISPANIC OWNED MEDIA CERTIFIED BY HACR

The Brooke on Bagley Connects Corktown and Mexicantown

Con't from pg. 1

"We are thrilled to see this project come to life; it's a vital and much-needed addition to the thriving Southwest Detroit community," said John Jourden, Architectural Design Director at Gensler Detroit. "What was once a vacant lot is now positioned to be an equitable, active hub for community and hospitality-driven living at the nexus of Mexicantown and Hubbard Richard."

The Brooke on Bagley is a Strategic Neighborhood Fund (SNF) project. The SNF is a $150 million private-public partnership between the City of Detroit and the nonprofit Invest Detroit funded by six corporate funders and several philanthropic organizations to invest in housing stabilization, improving parks, commercial corridors, streetscapes, and equitable opportunities for local business owners of color.

"The Strategic Neighborhood Fund has driven the creation of equitable development projects in Detroit," said Keona Cowan, executive vice president of lending for Invest Detroit. "SNF aims to support projects that benefit all Detroiters by offering more housing options in neighborhoods, ensuring affordable living spaces in the city, and increasing access to jobs within residents' own communities. Our goal is for all Detroiters to benefit from the positive changes occurring in neighborhoods throughout the city."

The Brooke on Bagley is also the first project to tap the $11 million Ebiara fund, a partnership between nonprofit Invest Detroit and consulting firm URGE Imprint. The fund provides capital and resources to support growth of Detroit's black and brown-owned development firms.

In addition to the SNF and Ebiara, the development was made possible through financial partners Capital Impact Partners, the Michigan Strategic Fund, the Detroit Economic Growth Corp., the Impact Developer's Fund through TruFund, the Ford Foundation and Morgan Stanley.

For Leasing Information
call 313-572-1453 or visit www.thebrookedetroit.com.

Studios, 1BR and 2BR units are still available including the affordable units at 80 percent AMI.

The Brooke on Bagley is located at 2420 Bagley, Detroit, MI 48216 across from the Honey Bee Market.

Developer Cliff Brown and his family, from left, son CJ, daughter Brooke, and wife Sydney

Art Appraiser Isabelle Weiss and Muralist Elton Monroy Duran pose with the mural, which is the centerpiece of CJ's Lounge on the first floor of the Brooke on Bagley

Live from Detroit: The Concert at Michigan Central Station

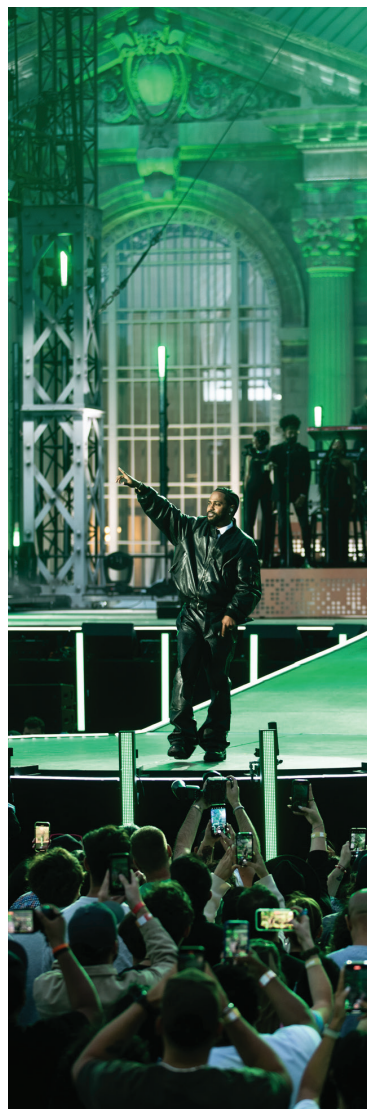
LIVE FROM
DETROIT
THE CONCERT AT MICHIGAN CENTRAL
06.06.24
STARRING DIANA ROSS
JACK WHITE • BIG SEAN • THE CLARK SISTERS • KIERRA SHEARD
ELLA J • SKY JETTIA • DETROIT SYMPHONY ORCHESTRA
THEO RABBISH • SLUM VILLAGE • MELISSA ETHERIDGE
COMMON • FANTASIA • JELLY ROLL • AND SPECIAL GUESTS
EXECUTIVE PRODUCERS EMINEM & PAUL ROSENBERG
Ford

The Concert at Michigan Central featured the greatest assemblage of all-star musical talent in Detroit since the legendary Motown Showcases. The sold-out, 90-minute outdoor concert captured the spirit and soul of Detroit through short films and an incredible lineup of musical performances including Diana Ross, Eminem, Jack White, Big Sean, The Detroit Symphony Orchestra and more.

Photos courtesy of the City of Detroit, Michigan Central and Ford Motor Company.

Radio personality and announcer John Mason shared the stage with Gov. Gretchen Whitmer, Detroit Mayor Mike Duggan and Bill Ford, Chairman of the Ford Motor Company, who spoke about his vision for Michigan Central and what it will mean for Detroit's future.

Mariachi Feminil entertained as the audience gathered in Roosevelt Park.



Big Sean returned to Michigan Central six years after he participated in Ford's announcemnt of the renovation of the iconic structure.

Diana Ross

The Clark Sisters

Frank Solis, right, and Sam Richardson introduced local favorite Jack White.

Eminem and Mr. Porter from D12 capped the unforgetable show featuring Detroit stars–including the Detroit Symphony Orchestra.

Fantasia dazzled the crowd with her energy.

Jack White wowed his fans with a thrilling performance.

Michigan Central concert drone photo courtesy of Michigan Central.

The Opening Experience at Michigan Central Station

Now through June 16, OPEN House ticketed visitors can tour The Station's revitalized ground floor before the building's first commercial occupants begin moving in this fall. It features a range of exhibits, entertainment, art, and more that immerse visitors in The Station's history, restoration, and next chapter. Activations include:

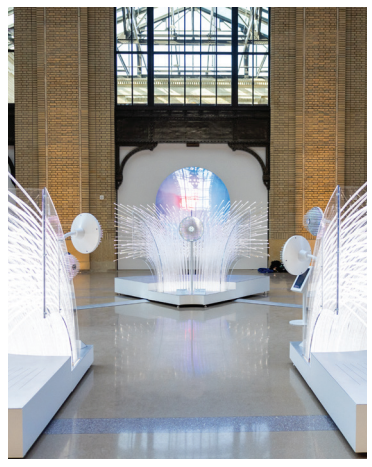
If you don't have tickets for a tour this week, free, self-guided tours will be offered to the public on Fridays and Saturdays starting June 21 through August 31, 2024.

The MC Cube, A Dynamic Film Experience: Inside the Historic Women's Waiting Room, visitors experience a 15' x 15' cubed LED installation that tells the journey of Michigan Central Station: history, restoration and the next chapter.

The Story of The Station: A 1,000-foot sculptural timeline of shared moments of triumph, adversity, innovation, and resilience that flows down the center of Grand Hall.

Open Archive, Resurrecting a Landmark: A collection of behind-the-scenes photographs, artifacts, and unexpected treasures that offer a glimpse into Ford's daunting undertaking: restoring the deteriorated and decayed Station.

Poster Vault, A Visual Trip Through Culture: Accompanied by a soundtrack of songs forever linked to Detroit, visitors can explore walls covered with surprising artifacts that pays homage to the rich visual history surrounding The Station and our city.



me + you, Interactive AI and Light Sculpture: A critically acclaimed interactive sculpture by Suchi Reddy that allows visitors to interact with the piece in The Station's South Concourse. Visitors can speak a single-word representing their vision of the future, and open-source AI technology will express their word back in a unique pattern of light and color that shimmers across the structure, like a mandala, unique to each visitor.

Additional exhibits showing at the Opening Experience

What's Your Station Story?: In the Historic Reading Room, visitors recount their own personal stories for The Station, and hear the stories of those whose lives The Station has touched.

Windows into The Station's Future: Visitors take a stroll through the Historic Arcade to get a sneak peek at what else is coming soon to Michigan Central.

The Kids' Zone: People of all ages grab a complimentary "color-your-own" poster to express their unique vision of The Station, and see a model of The Station crafted out of LEGO®.

Southwest Detroit Faces of Michigan Central

Millions of people have a connection to The Station and Michigan Central district. Faces of Michigan Central shares the stories of a handful of them, including these three from Southwest Detroit.

Photography by Justin Milhouse.

I am **Bianca Cuevas**. I live in Hubbard Farms, also known as Southwest Detroit. My mom, being a single parent, my grandparents took care of me most, and they would drive me around and listen to the old Mexican country music really loud. Whenever we would drive by the train station, my grandfather would tell me about the hustle and bustle of the trains. He would describe the steam coming over the ramps and how beautiful it was. I could picture him walking in and seeing this as an immigrant being just flabbergasted by the beauty, the marble tiles. The little details that he described was just amazing. So as a child, I'm trying to picture this as I'm looking at an abandoned building. I couldn't picture it because it looked spray-painted and the windows were broken. A group of us went in one time through a gate. It's really dark inside. There's rocks, lots of graffiti, but it still looks so beautiful. Like even though it was dirty with the graffiti, I saw the graffiti as artwork. And I was like, "This is just our time. This is how we get to enjoy the train station." I'm excited for my kids to be able to experience what the train station is and the memories that it will create for them. I just hope that with the train station, there'll be opportunities for children to perform, for children to show off their culture, show off our roots. It's still a fight trying to keep our traditions and things that we're used to in our neighborhood.

I go by Tammy, but my name is **Tomacita Alfaro-Koehler**. My name is **Kenneth Koehler,** which I go by Ken. Been married to Tammy now for almost 30 years, owner of Honeybee Market. Honeybee Market is a third generation neighborhood grocery store. The original owners, my grandparents, were from Mexico. They were immigrants, and my husband and I became a team almost 30 years ago. When we bought the store, it was just a small little neighborhood. And to have that vision, we had to keep buying little pieces in order to build this brand new building. Someone said, "Your building where?" In the city of Detroit? Yes, this is our home. We had this vision that we wanted to bring something that we were proud of here, even though everyone thought that we were crazy. When I looked at the train station, I knew that it could do that too.

Michigan Central Station coming here and it being right at the tip of Mexican town, we're neighbors, as we call primos. We can work together. We love our cousins. We can teach and welcome the new people that are coming to be a part of our heritage, part of our history. We can continue to grow and change. And the two of us can all mix and be a big happy family. Everyone's excited about Michigan Central opening. New people coming to this area, they're gonna be able to come to Mexican town and learn about our history and connect to that.

I am **Elena Dolores Solano**, a community activist and an educator in Southwest Detroit. As a Mexican-American, as a woman, and as somebody who grew up right by that train station and who knew its history, who had walked many, many times by it, through it, and who loved it to its core. I'm so happy to see it honored by Ford Motor Company. I'm seeing the train station and just how much it holds for the community and how much it holds for the people in this neighborhood. Seeing it go really from death to life, from something that was abandoned that people had given up on. You know, for me, that's how I felt as a Detroiter that we were given up on as a city. And then to have hope, to have rebirth, it's really amazing. And to me, that's part of being a Detroiter, that hope is for everybody. Hope crosses all lines. Faith crosses all lines. It crosses all generations. It crosses all colors. It crosses barriers. And I think that's the beauty of the train station, crossing those barriers and breaking down those walls. One of the things that's really important is to remember what Michigan Central Station is in terms of the context of the community, in terms of the context of Southwest Detroit and Hubbard-Richard and the Barrio and the communities around it. They will all be woven together. They will all continue to work together and to bloom and to grow and to blossom and to just really, really take this entire cityscape to another level, which is well, well deserved for Detroiters.

Tigers Win Big Last Sunday !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Photos by Adam J. Dewey

This past Sunday, the Detroit Tigers bats, came alive and Tarik Skubal (All-Star bound), pitched a great game.

The Detroit Tigers were hosting the Milwaukee Brewers for a three game series.

The Tigers lost the previous two games against them.

But Tarik Skubal helped the Tigers win, allowing one run and five hits in his 6 2/3 innings pitched.

The Detroit Tigers bats came alive also in the 5th inning when Jake Rogers hit a three-run home run in the fifth.

The Detroit Tigers go on the road this Friday, June 14th though Sunday, June 16th, to take the Houston Astros, then travel to take on the Atlanta Braves on Monday, June 17th though Wednesday, June 19th.

The Detroit Tigers return to Comerica Park on Friday, June 21st to host the Chicago White Sox for three games.

Photos below are highlights from the Detroit Tigers and Milwaukee Brewers

Mark Canha (#21) slides safe into home

Riley Greene (#31) slides safe into the third base

Gio Urshela (#13) and Riley Green (#31) celebrate scoring runs off of a Zach McKinstry single to left in the bottom of the fifth inning

Jake Rogers (#34) celebrates his 371 foot home run with his Tigers teammates in the dug out

Tarik Skubal (#29) finished the day with 6.2 IP, 5 H, 1 ER, 10 K, 2 BB

Detroit Tigers celebrate the 10-2 victory over the Milwaukee Brewers

DCFC Shows Signs Of Recovery

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

David Levine
EL CENTRAL

When a team goes five league games over the course of seven weeks without a win, changes have to happen. DCFC manager Danny Dichio made some hard choices in order to get some kind of positive reaction from a team that had conceded eight goals in its past two league games plus three more in an Open Cup loss. The defense had to improve. That meant the team as a whole had to perform at a higher level.

The first and most significant change in the 2-0 win at Rhode Island came in goal. Carlos Saldana took Nate Steinwascher's place. That move should have shocked the team into action. Rarely over the past few years has Steinwascher not started a league game. To see him sitting when the team absolutely had to have a win will have served as a reminder that nobody is irreplaceable. While the central defensive pairing of Stephen Carroll and Devon Amoo-Mensah remained intact, Dichio inserted Matt Sheldon and Brett Levis at fullback in place of Michael Bryant and Alex Villanueva.

Dichio rejiggered the formation in front of the defense, too. He slotted James Murphy in front of the back four as a single defensive midfielder and moved Abdoulaye Diop to the left side with Ben Morris wide right. Maxi Rodriguez pushed forward behind a front two of Victor Bezerra and Yazeed Mathews. Bezerra had his best game since coming on loan from the Chicago Fire with a well-taken second half goal and an assist on Rodriguez's first half opener.

If scoring twice and keeping a clean sheet weren't enough good news out of DCFC's first visit to Rhode Island, the second half appearance of Elvis Amoh after a six week absence put the icing on the cake. The lanky striker almost made an immediate impact by picking off a loose pass and breaking through on goal. Unfortunately, goalkeeper Koke Vegas made a superb save to keep the score 2-0. Amoh's return comes at the perfect time, because his absence coincided with the team's five game winless streak.

Le Rouge will need all its weapons on Saturday when the Charleston Battery come to Keyworth. The Battery got off to a flying start this season, racing to the top of the Eastern Conference. However, they have lost two straight and dropped behind Louisville City in the standings. If they slip any further, Indy XI, winners of five in a row, will catch them, too. As for DCFC, they trail Charleston by nine points, but have three games in hand. Saturday's game (4:00pm, WKBD-50) gives Le Rouge a major chance to close the gap while retaining those games in hand.

Dichio will have some tough decisions to make given the team's performance in Rhode Island. Does Saldana play ahead of Steinwascher again? If he starts again, will that call into question who is really the first choice goalkeeper? How fit is Elvis Amoh? The team looked far more dangerous early in the season with him as center forward. What of Bezerra's performance? Has he earned more time? The fullback spots remain an open competition. Midfield looks settled. Having finished a brutal run of away games, DCFC now has to take advantage of some home cooking at Keyworth.

PRE-COPA MELTDOWN FOR THE USA

When a US national team manager has only defeated one non-CONCACAF team during his four plus years on the job and oversees the most humiliating beatdown in eight years, he should expect to have his credentials and job security questioned. That one win came against Iran in the 2022 World Cup.

Gregg Berhalter just led his team to an embarrassing 5-1 defeat to Colombia in a friendly ahead of the Copa America. He started a team in which every player appeared for a team in one of the top five leagues in European football. They defended like schoolboys. The giveaways wouldn't look good at the high school level. Colombia's third goal summed up the evening. Johnny Cardoso received the ball from his defense, turned, and dribbled forward. Nobody bothered to tell him that two Colombian forwards were rapidly closing him down from behind. They easily dispossessed him and seconds later had the ball in the back of the net, while much of the US team stood around and watched.

Apart from a nicely constructed move that Tim Weah finished off with an angled shot to reduce the arrears to 2-1 just before the hour mark, this game might be remembered as the beginning of the end for Berhalter. A four goal defeat to Costa Rica in 2016 cost Jurgen Klinsmann his job. Berhalter won't get the sack just yet, but if he fails to at a minimum get out of the group in the Copa America, US Soccer won't have much choice. The appointment process that gave Berhalter a second chance didn't convince many that the federation had really found the best candidate to take the team forward into the biggest World Cup ever staged. If getting crushed by Colombia wasn't bad enough, the USA will face Brazil in mid-week in Orlando. It could be a short Copa unless this team figures out how to defend and move the ball from defense to attack. The Berhalter way has not worked against many opponents outside of CONCACAF.

DCFC Men and Women Win !!!

Both of Detroit City soccer teams, won this past Saturday.

The Detroit City FC men, took on the Rhode Island FC, this past Saturday, on the road, and defeat the Rhode Island FC 2-0.

The Detroit City FC mens, host the Charleston Battery, this Saturday, at Keyworth Stadium, at 4:00 pm (Detroit50).

The Detroit City FC women, hosted the AFC Ann Arbor, this past Saturday, at Keyworth Stadium, and defeated them 4-1.

The DCFC women host Midwest United FC at Keyworth Stadium, on Saturday, June 15th, at 7:00pm.

For more information about Detroit City FC, visit detcityfc.com and follow @DetroitCityFC on Twitter and Facebook and @detroitcityfootballclub on Instagram.

Photos below are highlights from Detroit City FC mens and womens games

Photo provided by Detroit City FC (photographer Jon DeBoer)

EDITORIAL OPINION

¿Tras las elecciones, qué le espera a la vecindad entre EU y México?

Por José López Zamorano
Para La Red Hispana

Menos de 24 horas después del arrollador triunfo de la primera mujer electa a la presidencia de México, Claudia Sheinbaum, el presidente Joe Biden la llamó telefónicamente para felicitarla a ella y al pueblo mexicano.

En una votación histórica por su alta participación, los mexicanos votaron mayoritariamente por la continuidad del proyecto del presidente Andrés Manuel López Obrador.

"Los dos líderes enfatizaron su compromiso de continuar la asociación sólida y colaborativa que promoverá la democracia, la seguridad y la prosperidad en ambos países", informó la Casa Blanca.

La respuesta de la presidenta electa fue igualmente tersa. "De manera amistosa y cordial, ambos expresamos nuestro deseo de continuar fortaleciendo la relación México-Estados Unidos en el ámbito comercial y de amistad entre nuestros pueblos, con respeto a nuestras soberanías", indicó.

Pero el camino a una relación sin contratiempos entre estos dos vecinos siempre está lleno de piedras. No sólo por la realidad de ser un año electoral en Estados Unidos, sino porque la agenda bilateral está saturada de retos que escapan a soluciones rápidas o simples.

Por una parte, un eventual triunfo de Donald Trump en las elecciones del 5 de noviembre tiene el potencial de detonar nuevos irritantes entre los dos países.

Trump amenaza con desencadenar la mayor cacería de inmigrantes indocumentados en la historia de los Estados Unidos, la cual incluiría la movilización de las fuerzas armadas para acometer redadas y expulsiones.

De la mano de Trump, algunos republicanos del Congreso acarician la idea de enviar a las fuerzas especiales a México a combatir a los cárteles de las drogas y designar a éstos como organizaciones terroristas.

Al mismo tiempo, un presidente Biden preocupado por una de sus mayores vulnerabilidades: el alto nivel de desaprobación en su política para contener los flujos migratorios entre Estados Unidos y México, anuncia medidas radicales contra los migrantes para mejorar sus posibilidades de triunfo en noviembre.

Amparado en la polémica autoridad 212 (f), usada nada menos que por Donald Trump para acometer su tristemente célebre "Travel Ban" y otras acciones draconianas, Biden cerrará parcialmente la puerta quienes soliciten asilo entre los puntos de ingreso a México si su número rebasa las 2,500 personas al día.

Se trata de una copia al carbón de una de las cláusulas más polémicas de la iniciativa bipartidista de migración que fue dinamitada por Trump y los republicanos.

Como es obvio, el éxito de esa iniciativa depende de qué México acepte en su territorio a los solicitantes rechazados. Actualmente la cuota aceptada por el gobierno mexicano es de 30,000 personas al mes.

Las fricciones migratorias son sólo uno de los retos de una relación bilateral compleja. Pero al menos existe el compromiso de los actuales líderes en ambos países de trabajar de manera cooperativa y respetuosa. Ojalá ese espíritu se mantenga más allá de quien ocupe los liderazgos en cada país, porque no nos queda de otra.

Opinions in this column are not necessarily those of the Publisher or Editor

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EDITORIAL OPINION

After the elections, what awaits the neighborhood between the US and Mexico?

By José López Zamorano
For La Red Hispana

Less than 24 hours after the overwhelming victory of the first woman elected to the presidency of Mexico, Claudia Sheinbaum, President Joe Biden called her by phone to congratulate her and the Mexican people.

In a historic vote due to its high participation, Mexicans voted overwhelmingly for the continuity of President Andrés Manuel López Obrador's project.

"The two leaders emphasized their commitment to continuing the strong and collaborative partnership that will promote democracy, security and prosperity in both countries," the White House reported.

The president-elect's response was equally terse. "In a friendly and cordial manner, we both expressed our desire to continue strengthening the Mexico-United States relationship in the field of trade and friendship between our peoples, with respect for our sovereignties," she indicated.

But the road to a smooth relationship between these two neighbors is always full of stones. Not only because of the reality of it being an election year in the United States, but because the bilateral agenda is saturated with challenges that escape quick or simple solutions.

On the one hand, an eventual victory by Donald Trump in the November 5 elections has the potential to detonate new irritants between the two countries.

Trump threatens to unleash the largest hunt for undocumented immigrants in the history of the United States, which would include the mobilization of the armed forces to carry out raids and expulsions.

Led by Trump, some Republicans in Congress are toying with the idea of sending special forces to Mexico to combat drug cartels and designating them as terrorist

organizations.

At the same time, President Biden, concerned about one of his greatest vulnerabilities: the high level of disapproval of his policy to contain migratory flows between the United States and Mexico, announces radical measures against migrants to improve his chances of victory in November. .

Protected by the controversial authority 212 (f), used by none other than Donald Trump to undertake his infamous "Travel Ban" and other draconian actions, Biden will partially close the door to those requesting asylum between the entry points to Mexico if their number exceeds 2,500 people a day.

This is a carbon copy of one of the most controversial clauses of the bipartisan immigration initiative that was blown up by Trump and the Republicans.

Obviously, the success of this initiative depends on whether Mexico accepts the rejected applicants into its territory. Currently the quota accepted by the Mexican government is 30,000 people per month.

Migration frictions are just one of the challenges of a complex bilateral relationship. But at least there is a commitment from the current leaders in both countries to work cooperatively and respectfully. I hope that spirit is maintained beyond whoever occupies the leadership in each country, because we have no other choice.

Opinions in this column are not necessarily those of the Publisher or Editor

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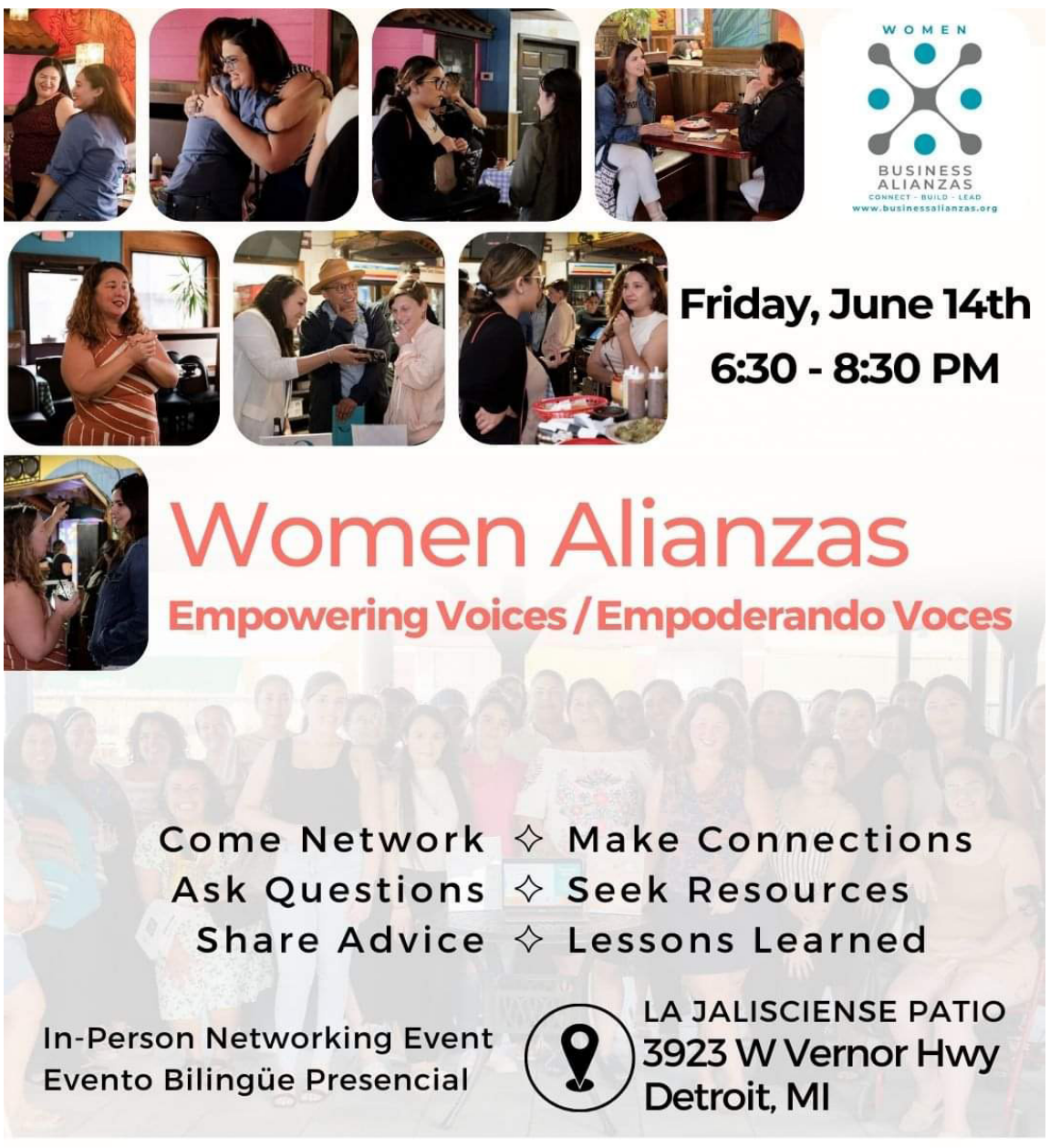


Salud/*Health*

Running a Local Race? How to Keep Your Feet Healthy

(StatePoint) Whether you're a novice jogger embarking on a couch-to-5K program or a marathoner serious about racking up finishers' medals, it's critical you take great care of your feet.

"Running is an amazing form of cardiovascular exercise, but because it's a high-impact sport that involves repeated trauma to the feet, everyone from long-distance runners to casual joggers is at risk for developing painful and debilitating foot conditions," says Bryce A. Paschold, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS).

To help you identify signs of some of the more common foot issues associated with running so you can get proper treatment before the condition keeps you from the activity you love, the foot and ankle surgeon members of ACFAS are offering the following insights:

• Plantar Fasciitis: Plantar fasciitis is perhaps the most common complaint from runners. Presenting as heel pain, it's caused by inflammation of the ligament that holds up the arch. At the first sign of heel pain, Dr. Paschold advises runners to stretch the calf, wear sturdier shoes and use arch supports. In some cases, icing and anti-inflammatory medications, such as ibuprofen, are helpful. Should pain continue, visit a foot and ankle surgeon, who might recommend custom orthotics, injections and physical therapy.

• Neuromas: A neuroma is a pinched nerve between the toes that can cause pain, numbness and a burning sensation in the ball of the foot. Overly flexible shoes are often the cause, and padding, orthotics or injections are usually effective treatments.

• Tendonitis: Runners can be sidelined with tendonitis if they ignore the warning signs of this overuse condition. There are several forms of tendonitis that affect the Achilles and other areas, and all are treated with rest, icing, strengthening, stretching and anti-inflammatory medications, and sometimes with orthotics and physical therapy. Because overzealous training is usually the cause, especially among beginners, it's important to ramp up mileage and speed gradually. A running coach can tailor your training plan to your current fitness level.

• Broken bones: Don't assume that because you're able to run, your foot is not fractured. Signs of a stress fracture can include pain, swelling, redness and possibly bruising. If a fracture is suspected, remember to practice RICE (Rest, Ice, Compression and Elevation). You should also see a foot and ankle surgeon for an X-ray and proper diagnosis. Remember that like with other overuse injuries, stress fractures are often brought on by trying to do too much too soon. A general rule of thumb is to increase mileage by no more than 10 percent week to week.

• Lisfranc injuries: One misstep can lead to a sprain, fracture or dislocation of the Lisfranc joint. Consider wearing a headlamp in low lighting for surer footing. It is also a good idea to incorporate exercises into your regimen that will keep ankles and feet mobile and strong.

"While completing a marathon or even longer distance race may seem like the ultimate goal, it's wise for new runners to start with shorter races first. This conservative approach will keep your feet in good shape so you're able to run pain-free for years to come," says Dr. Paschold. "And of course, it's vital to listen to your body and seek care from a foot and ankle surgeon whenever a foot problem is suspected."

For more information on foot care or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

¿Correr una carrera local? Cómo mantener tus pies sanos

(StatePoint) Ya sea que sea un corredor novato que se embarca en un programa de 5 km desde el sofá o un maratonista que se toma en serio acumular medallas de finalistas, es fundamental que cuide mucho sus pies.

"Correr es una forma asombrosa de ejercicio cardiovascular, pero debido a que es un deporte de alto impacto que implica traumatismos repetidos en los pies, todos, desde corredores de larga distancia hasta corredores ocasionales, corren el riesgo de desarrollar afecciones dolorosas y debilitantes en los pies", dice Bryce A. Paschold, DPM, FACFAS, cirujano de pie y tobillo certificado y miembro del Colegio Americano de Cirujanos de Pie y Tobillo (ACFAS).

Para ayudarlo a identificar signos de algunos de los problemas más comunes en los pies asociados con correr, para que pueda recibir el tratamiento adecuado antes de que la afección le impida realizar la actividad que ama, los cirujanos de pie y tobillo miembros de ACFAS ofrecen la siguiente información:

• Fascitis plantar: La fascitis plantar es quizás la queja más común de los corredores. Se presenta como dolor en el talón y es causado por la inflamación del ligamento que sostiene el arco. Al primer signo de dolor en el talón, el Dr. Paschold aconseja a los corredores estirar la pantorrilla, usar zapatos más resistentes y soportes para el arco. En algunos casos, son útiles el uso de hielo y los medicamentos antiinflamatorios, como el ibuprofeno. Si el dolor continúa, visite a un cirujano de pie y tobillo, quien podría recomendarle aparatos ortopédicos personalizados, inyecciones y fisioterapia.

• Neuromas: Un neuroma es un nervio comprimido entre los dedos del pie que puede causar dolor, entumecimiento y sensación de ardor en la parte anterior del pie. Los zapatos demasiado flexibles suelen ser la causa, y el uso de almohadillas, aparatos ortopédicos o inyecciones suelen ser tratamientos eficaces.

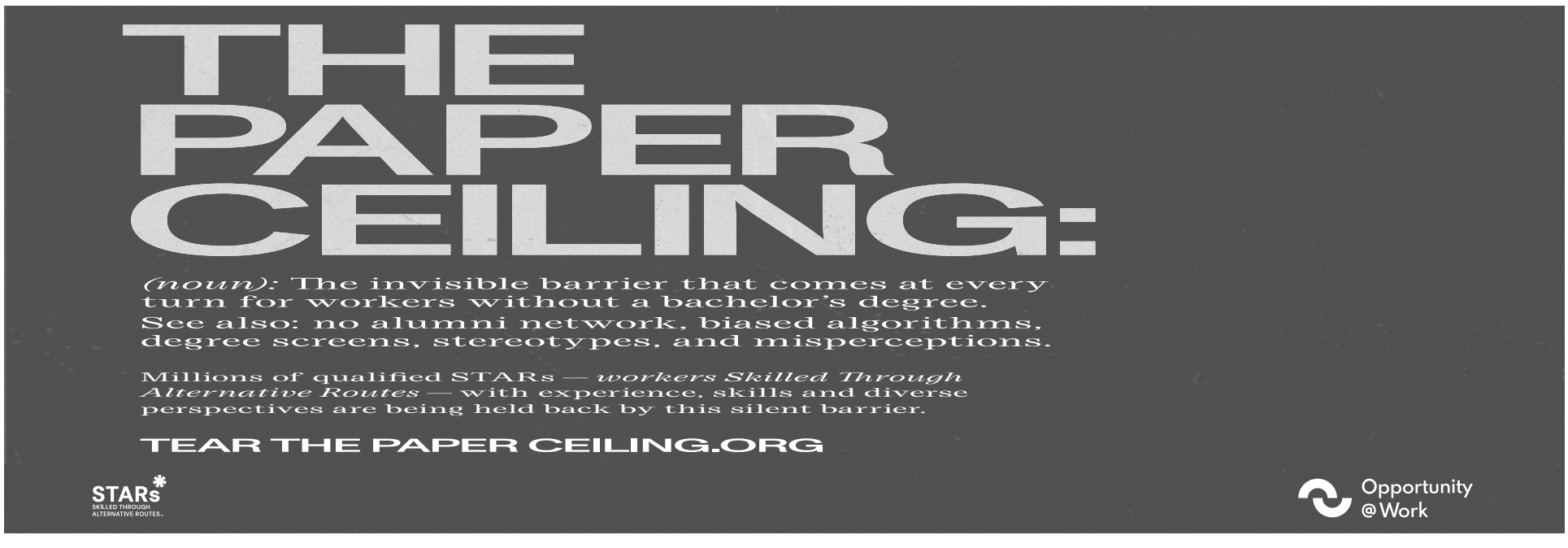
• Tendinitis: Los corredores pueden quedar marginados por tendinitis si ignoran las señales de advertencia de esta condición de uso excesivo. Hay varias formas de tendinitis que afectan el tendón de Aquiles y otras áreas, y todas se tratan con reposo, aplicación de hielo, fortalecimiento, estiramiento y medicamentos antiinflamatorios y, a veces, con aparatos ortopédicos y fisioterapia. Debido a que la causa suele ser el entrenamiento excesivo, especialmente entre principiantes, es importante aumentar el kilometraje y la velocidad gradualmente. Un entrenador de carrera puede adaptar su plan de entrenamiento a su nivel de condición física actual.

• Huesos rotos: no asuma que porque puede correr su pie no está fracturado. Los signos de una fractura por sobrecarga pueden incluir dolor, hinchazón, enrojecimiento y posiblemente hematomas. Si se sospecha una fractura, recuerde practicar RICE (Descanso, Hielo, Compresión y Elevación). También debe consultar a un cirujano de pie y tobillo para que le realice una radiografía y le haga un diagnóstico adecuado. Recuerde que, al igual que con otras lesiones por uso excesivo, las fracturas por estrés a menudo se producen al intentar hacer demasiado y demasiado pronto. Una regla general es aumentar el kilometraje no más del 10 por ciento semana a semana.

• Lesiones de Lisfranc: un paso en falso puede provocar un esguince, una fractura o una dislocación de la articulación de Lisfranc. Considere usar una lámpara frontal en condiciones de poca iluminación para tener una posición más segura. También es una buena idea incorporar ejercicios a su régimen que mantendrán los tobillos y los pies móviles y fuertes.

"Si bien completar un maratón o incluso una carrera de mayor distancia puede parecer el objetivo final, es aconsejable que los nuevos corredores comiencen primero con carreras más cortas. Este enfoque conservador mantendrá tus pies en buena forma para que puedas correr sin dolor durante muchos años", dice el Dr. Paschold. "Y, por supuesto, es vital escuchar su cuerpo y buscar atención de un cirujano de pie y tobillo siempre que se sospeche de un problema en el pie".

Para obtener más información sobre el cuidado de los pies o encontrar un cirujano de pie y tobillo cerca de usted, visite FootHealthFacts.org, el sitio web de educación para pacientes del Colegio Americano de Cirujanos de Pie y Tobillo.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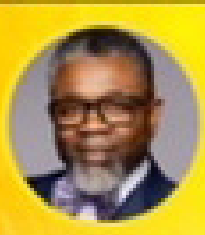

Daniel Baxter
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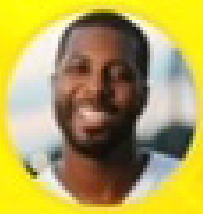

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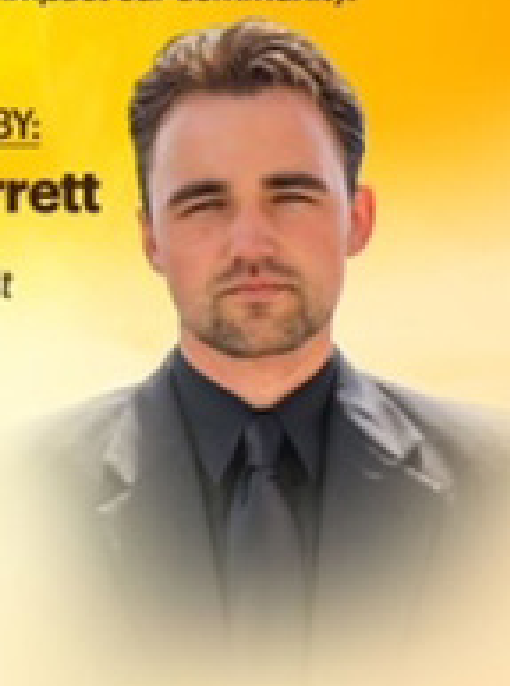

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